



DEPARTMENT OF THE ARMY

US ARMY INTELLIGENCE AND SECURITY COMMAND  
FORT GEORGE G. MEADE, MARYLAND 20755

IAOPS-H-5

26 June 1981

SUBJECT: Request for Administrative Review of INSCOM GRILL FLAME Protocol (U)

BG Garrison Rapmund  
Chairman  
Human Use Committee, MIIA  
Fort Detrick, Maryland 21701

1. (S/NOFORN) This office has been conducting remote viewing sessions under the approved AMSAA GRILL FLAME Protocol since March 1979. This office continues to train remote viewing personnel and conduct operational remote viewing sessions in response to US Army and national level intelligence tasking under the provisions of the INSCOM GRILL FLAME Protocol dated 1 June 1981.
2. (S/NOFORN) Having now had more than two years experience in remote viewing field, it has been observed that the most critical element conducive to reliable remote viewing is the ability of the remote viewer to physically relax and mentally concentrate on the task at hand. Providing an environment congruent with this required state is, therefore, necessary for continued reliable military application of the remote viewing phenomenon.
3. (S/NOFORN) A unique form of relaxation/concentration methodology has become available through the Monroe Institute of Applied Sciences (MIAS), P.O. Box 94C, Faber, VA 22938. The basis of the relaxation/concentration methodology offered by MIAS is the Frequency Following Response (FFR) and Hemispheric Synchronization (HEMISYNC) (see Inclosures 1 and 2), which are created by listening to sound frequencies both singly and binaurally. By blending and sequencing such frequencies, it is possible to aid the individual to develop states of relaxation and mental concentration. Application of this methodology consists of a series of prerecorded cassette tapes utilizing FFR, HEMISYNC and vocal guidance to achieve the desired state of relaxation/concentration. These tapes are heard through stereo headphones while in a relaxed position. Our goal in using this methodology would be to provide this conducive environment to remote viewers during the conduct of sessions to stabilize their reliability. If an individual is unable to relax and concentrate on the task at hand he will be unable to do reliable remote viewing.
4. (S/NOFORN) Request administrative review of the INSCOM GRILL FLAME Protocol from the point of view of human risk in applying the MIAS relaxation/concentration methodology. The following parameters apply:

**SECRET**

NOT RELEASABLE TO FOREIGN NATIONALS

**GRILL FLAME**CLASSIFIED BY 1104 126  
DECLASSIFY ON 05/6302/Jul 78  
OR  
REVIEW ON June 2001  
EXTENDED BY \_\_\_\_\_  
REASON \_\_\_\_\_

**SECRET**

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Duration of Use: 30 - 60 minutes

Operational Frequency of Use: 3 - 5 times per week

Audio dBA levels: Variable/adjustable by the individual but never to exceed 20 dBA and usually in the 5-10dBA range.

5. (S/NOFORN) It is recommended that the INSCOM GRILL FLAME Protocol be modified to include the MIAS methodology. Such modification will enable this office to provide remote viewing personnel with what is believed to be the best relaxation/concentration conducive environment available for reliable remote viewing. Modification required includes the following:

Add the following to paragraph 6a(3), INSCOM GRILL FLAME Protocol:

The remote viewer may choose to listen to prerecorded cassette tapes designed to enhance his ability to relax and concentrate.

2 Inclosures  
As stated

CHAD B. WHITE  
Colonel, GS  
ADCSOPS-HUMINT

**SECRET**